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PUTTING ROAD SALT ON ICE
CAN GREENER OPTION STICK? {page 14}

PIZZA WITH A PEPPERY TWIST
TOP YOUR PIE WITH ARUGULA, BASIL {page 13}

BIG BUCKS
BIDS BOOMING FOR BIEBER'S HAIR
DISH {page 11}

VANCOUVER metro®
Monday, February 28, 2011
www.metronews.ca
News worth sharing.

Oscars

▶ Natalie Portman accepts the award for best performance by an actress in a leading role for Black Swan during the 83rd annual Academy Awards last night at the Kodak Theatre in Hollywood, Calif. More coverage, page 10.

KEVIN WINTER/GETTY IMAGES

Portman crowned best actress

Arrest in shelter sex assault

Multiple attacks have been reported at facility {page 4}

NDP to Clark: We want action

B.C.'s woes require 'immediate attention': Black {page 3}

Fresh off win, Clark gets to work

A day after being named Liberal leader, Clark works the phones, prepares for transition Says concerns about a split among B.C. Liberals are exaggerated

MATT KIELTYKA
@METRONEWS.CA

Christy Clark hasn't been sworn in as premier yet.

She doesn't even have a seat in the legislature.

But that didn't stop her from getting straight into the business of running the province mere hours after being named the new leader of the B.C. Liberal Party.

"Work started today," Gordon Campbell's successor said yesterday at Trout Lake Community Centre, where her son Hamish, 9, was playing hockey. "They've already turned over some of the transition binders to me, so I'm already working on that."

Clark spent her first day as premier-designate working the phones and ensuring she has the support of the entire party amid fears the Liberal camp may be split.

"After a leadership campaign in any province and any country, the first thing we need to do is make sure that everybody is standing together and that we are united," she said.

"I'll tell you, the job has been a lot easier than many pundits have predicted. The caucus is behind me — I've talked to most of them in the last 24 hours and everyone has a real willingness to work together."

MATT KIELTYKA/METRO

▶ B.C. Liberal Leader Christy Clark speaks to media for the first time yesterday since winning the party leadership race.

Clark said she'll likely run in Campbell's Vancouver-Point Grey riding during a by-election.

"I want to seek a seat in the legislature as soon as I can," she said.

She is expected to announce her new cabinet in a matter of weeks.

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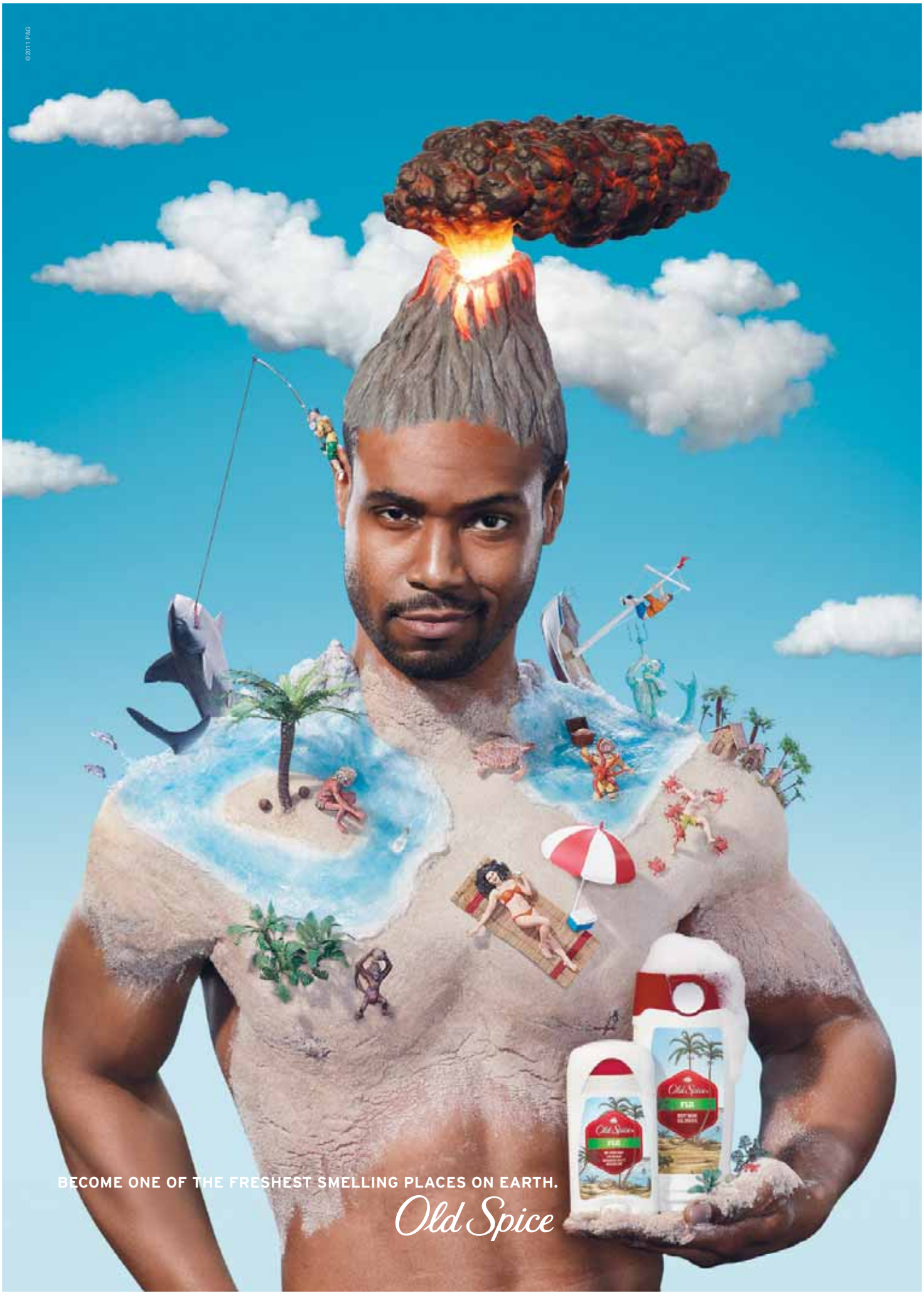
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Pretty. In white

▶ People walk along a snowy pathway near Queen's Park in New Westminster yesterday.

KRISTEN THOMPSON/METRO

Not the kind of snowdrops you were expecting?

As much as eight centimetres of snow fell around the region Saturday night, creating a winter wonderland for Lower Mainlanders when they woke up yesterday morning. TransLink kept SkyTrains running all night to make sure the rails didn't freeze. The white stuff turned to rain by yesterday afternoon.

It's time to get back to business: NDP

- Christy Clark won the Liberal leadership on Saturday
- Her new cabinet is expected to be selected in the next few weeks

KRISTEN THOMPSON
@METRONEWS.CA

The B.C. NDP is calling on the province's new premier-designate — Christy Clark — to call the legislature back and start implementing the changes she promised in her campaign.

Dawn Black, NDP interim leader, said the province has been without a "functioning government" for months and it's time to get back to business.

"British Columbia faces serious economic and social challenges that require the immediate attention of the new premier-designate and her government," Black said yesterday.

"Our unemployment rate is higher than anywhere west of the Atlantic provinces. We continue to lead the nation in child poverty.… Restoring trust in government will need to become her immediate priority."

Black is calling Clark to raise the minimum wage, move up the HST referendum and establish an independent review of the B.C. Rail trial.

"(Clark) is the same (former) minister of education that cut funding for B.C.'s most vulnerable children.… She has a record of shutting down more than 100 schools in this province. She even tried to cut out school lunches at one point," Black said.

"(Christy Clark) needs to do more than just talk about change. Let's hear what she really plans."
DAWN BLACK, NDP INTERIM LEADER

"Her record speaks for itself and if she's (calling) for change, she has to demonstrate concretely what that change is.

"She has a lot of work ahead of her to gain the trust of British Columbians."

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Guidy Mamann crunches the numbers on which federal party is more 'pro-immigrant.' More at metronews.ca/immigration

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This week in irony: Cookie sales banned outside Girl Guide founder's home.

CAR FIRE

Mountie credited with saving man's life

A Kelowna RCMP officer is being credited with saving the life of a man whose car caught on fire after he allegedly passed out drunk with the engine running.

Witnesses called police to say an SUV had its engine revving and smoke was coming out of the hood.

"The officer tried to wake the driver without success, so a rear window had to be broken out," said Const. Steve Holmes. "The driver was pulled to safety as the flames began to engulf the vehicle."

A 27-year-old Osoyoos man faces drunk driving charges.

KRISTEN THOMPSON

Funeral held for hit-and-run victim

A funeral was held in Maple Ridge on Saturday for Charlene Reaveley, who was killed in a hit-and-run on Lougheed Highway.

Lorraine Cruz was also killed. A Coquitlam man has been charged with drunk driving in connection with the crash.

METRO

Man shot in apparent targeted attack: Police

A 20-year-old Surrey man was shot in the abdomen in what appears to be a targeted attack on Thursday, said RCMP.

Police are investigating, but do not believe the incident was gang-related.

METRO

Going. Up

▶ A participant climbs to the top of the Sheraton Wall Centre yesterday in Vancouver.

NATALIE KAUR JOHAL/FOR METRO

Taking it one step at a time

Nearly 600 climbers made their way up 48 storeys and 739 stairs yesterday as part of the B.C. Lung Association's 10th annual Stairclimb for Clean Air. The fundraiser raises money for lung disease and air-quality programs and research.

Slide may have killed Alberta man

An avalanche has likely killed two skiers in northern B.C. during a weekend heli-skiing trip, RCMP said.

They were among four skiers on a self-guided tour on Tom George Mountain, southwest of Smithers, on Saturday afternoon when the slide hit. A 52-year-old woman from Regina was killed, while a man from Canmore, Alta., is presumed dead. The recovery operation was put on hold as night fell, and was expected to resume today.

THE CANADIAN PRESS

Sexual assault followed by arrest

A man has been arrested after a sex assault at the First United Church cold-weather shelter, Vancouver police said over the weekend.

One alleged attack is still under investigation, while two others were brought to a halt due to insufficient evidence, said police.

Because the shelter houses many people in close proximity during extreme weather, Sister Watch and VPD are recommending that the facility separate its co-ed sleeping area. Foot patrols in the shelter have also increased.

NATALIE KAUR JOHAL

6

Six sexual assaults have been reported at the same shelter since October, three of which have resulted in charges.

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English as a Second Language Wednesday, Mar. 2,10 a.m. – room 5025 Wednesday, Mar. 9, 6 p.m. – room 1227	Broadway Broadway
Practical Nursing & Access to Practical Nursing Wednesday, Mar. 2, 5 p.m. – room 1227	Broadway
Culinary Arts and Asian Culinary Arts Friday, Mar. 4 & 11, 9:30 a.m. – room 305 B	Downtown
Baking and Pastry Arts Wednesday, Mar. 9, 10:30 a.m. – room 216	Downtown
ESL Homefront Learning – Volunteer Tutoring Wednesday, Mar. 9, 7 p.m. – room 3701	Broadway
Hospitality Management Diploma Saturday, Mar. 12, 11 a.m. – room 420	Downtown
Digital Graphic Design Monday, Mar. 14, 4:30 p.m. – room 721	Downtown

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Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

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Clash expected between rebels, Libyan forces

Gadhafi's son denies that regime used force against its own people ◐ 'It is time for Gadhafi to go': Obama

Hundreds of armed anti-government forces backed by rebel troops who control Zawiya, near Tripoli, prepared yesterday to repel an expected offensive by forces loyal to Moammar Gadhafi.

The Gadhafi regime, eager to show foreign reporters that the country is calm and under the dictator's control, took visiting journalists to Zawiya, 50 kilometres west of Tripoli.

But an Associated Press reporter on the tour confirmed the anti-government rebels are in control of the centre of the city of 200,000.

They have deployed army tanks and anti-aircraft guns mounted on pickup trucks.

On the outskirts of the city, however, they are surrounded by pro-Gadhafi forces, also backed by tanks and anti-aircraft guns.

Gadhafi has launched by far the bloodiest crackdown in a wave of anti-regime uprisings sweeping the Arab world.

The United States, Britain and the United Nations Security Council imposed sanctions on Libya over the weekend. Human rights groups and European officials have put the death toll at hundreds, and even thousands.

THE ASSOCIATED PRESS

Sanctions

- Canada joined the United Nations and several Western countries in slapping sanctions against Libya after the deadly crackdown on protesters.
- But Canada decided to go beyond the sanctions announced Saturday by the United Nations Security Council, Prime Minister Stephen Harper said yesterday.
- Canada imposed an asset freeze and prohibited financial transactions with the government of Libya, its institutions and agencies and the Libyan Central Bank.

HALYNA KOLOTNYTSKA'S FAMILY ARCHIVE/THE ASSOCIATED PRESS

▶ Gadhafi's nurse Halyna Kolotnytska is seen in this undated photo.

Gadhafi's nurse latest to bail

Libyan dictator Moammar Gadhafi was ditched by yet another close confidante yesterday: the Ukrainian nurse thought to have a close relationship with the leader.

A U.S. diplomatic cable released last year claims the eccentric 68-year-old leader is deeply attached to Halyna Kolotnytska, 38, one of four Ukrainian nurses who take care of him.

The cable published by WikiLeaks describes her as a "voluptuous blond" who always travels with Gadhafi as only she "knows his routine." THE ASSOCIATED PRESS

122

Halyna Kolotnytska arrived in Kyiv, Ukraine, in the early hours yesterday on a plane that evacuated 122 Ukrainians and 68 foreign nationals from the violence-torn country.

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DEMOCRACY WILL HAVE TO WAIT TILL 2013

Urban Compass

PAUL SULLIVAN

So, we wake up this morning, and a radio talk show host elected by 4,420 people is our new leader.

That's democracy for you. There appears to be two ways to get elected top dog in this province:

1. Lie to the voters and tell them the HST is not on your radar.

2. Get 4,420 of your closest friends to vote for you. It's like Facebook. Press the like button and voila: Premier Christy Clark.

Theoretically, Christy now has sole access to the levers of power in this province until May 14, 2013. That's a long stretch, longer than Gordon Campbell's last elected tour of duty.

She has said a few reassuring things about respecting the electorate, but rest assured she's not going to the polls:

1. Unless she thinks she can win.

2. Because she has to, on May 14, 2013.

Someday, perhaps, we will all get to vote for the premier. And if we're lucky, someday may come sooner than May 14, 2013. Quick, do the math: That's two years, two months, two weeks from now. That would be your entire lifespan — if you were a gerbil.

How long are we going to allow political parties to give the keys to anyone who has enough charm to sway a few members of the posse? Have we forgotten Bill Vander Zalm, the 10-gigabyte smile with the byte-me personality?

"How long are we going to allow political parties to give the keys to anyone who has enough charm to sway a few members of the posse?"

No one, excluding 4,420 Liberal Party of B.C. members, voted for Christy Clark. And the Liberals we did elect, the MLAs and cabinet ministers, had no more say in this result than party recruits newly minted for this process. Just ask Kevin Falcon how he feels about that.

This morning's rant has nothing to do with Christy Clark or her qualifications for the job, although I'm not sure I'm ready for government by media, which only thinks it's the wellspring of all wisdom.

I would feel the same way if this dubious process spit out George Abbott at the end of the day. Who's George Abbott? As you sit there on the SkyTrain, ask yourself the following skill-testing question: Which riding does George Abbott represent?

Time's up! It's the Shuswap. You can find it on Google.

George of the Shuswap was almost your premier. He received 203 fewer votes than Kevin Falcon on the second ballot, and Falcon went on to lose to Clark by a razor-thin margin of 340 votes.

Whatever else we think this morning, we should be thinking political reform. It's time, homes, to make our democracy represent. At the very least, the people should elect the premier. Duh.

Cartoon

MICHAEL DE ADDER

Net being swallowed up

Worth mentioning

Swelling numbers of iPads, e-readers and laptops are swallowing up the finite space on the Internet and raising fears of the types of slowdowns and glitches predicted with the Y2K bug.

The problem stems from a decades-old oversight: The Internet's inventors assumed four billion numeric addresses would be plenty.

They weren't counting on tweens from Toronto to Tibet exhausting those addresses with their iPhones, BlackBerrys and Kindles.

There's almost no room left on the Internet for new computers and gadgets and Canadian Internet service providers are competing rather than co-operating to solve the problem.

A new, spacious version of the Internet is available, but many ISPs waited too long to upgrade. Now the biggest fix in cyberspace may come down to the digital equivalent of binder twine and masking tape.

Canadians could see problems when the space expires and ISPs make customers straddle the old Internet and the new Internet.

Old software might fail to reach new websites. Old firewalls might stop everything new from working altogether, or new firewalls might let in hackers old ones stopped.

THE CANADIAN PRESS

Wanted: Space for rent

THE ASSOCIATED PRESS FILE

What was the highlight of the Oscars for you?

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Metro Minute with Hurricane Carter

Criminal justice activist Rubin (Hurricane) Carter is in Vancouver tonight to discuss his second autobiography, Eye Of The Hurricane: My Path From Darkness To Freedom. The event, held to commemorate Black History Month, is hosted by the Pacific Arbour Speaker Series. Carter, a former world middleweight boxing contender, spent 19 years in prison before his 1985 release. The new memoir delves into the poverty of his childhood and his troubled adolescence. The talk is hosted by SFU criminologist Neil Boyd and begins at 7:30 p.m. at Capilano University Performing Arts Theatre (2055 Purcell Way). Tickets are $22 and $25 and available at 604-990-7810 or online at capilanou.ca. METRO

MICHAEL BRADLEY/GETTY IMAGES FILE

▶ Rubin (Hurricane) Carter will speak in Vancouver tonight at the Capilano University Performing Arts Theatre.

Soaring oil prices: Who stands to gain?

Western Canada will do much better, Central Canada noticeably worse, economists say

The Middle East unrest sending gas prices to $1.20 a litre and beyond could prove beneficial to some.

For oil-producing provinces that collect royalties from resources, the payoff is considerable.

For non-producers, there is only pain. By some estimates, every $10 hike in the price of oil trims Ontario's annual economic output by 0.1 to 0.3 percentage points.

As for Ottawa, which is deep in red ink, analysts believe the feds will make off like at least a modest bandit from high oil prices.

That's what happened when commodities hit record levels in the years leading up to the 2008 recession, said Michael Gregory, an economist with BMO Capital Markets.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 184.82 (14,052.13)	+ 0.47¢ (102.18¢ US)
Oil	**Natural gas**
+ $0.60 US ($97.88 US)	1,000 cu ft $4.005 US (+ 13.3¢)
	Gold contracts $1,409.30 US (– $6.50)

"In Canada we do get the income boost. Corporate profits go up, Canadians own stock, so their wealth goes up and the dollar tends to drift up, so you can buy more," he said. All that generates government revenues.

Profitable companies tend to hire more employees, he added, generating tax revenues. More jobs in the oilpatch mean more jobs in support manufacturing industries in Ontario.

On the other side of the ledger, high oil prices slow down the U.S. economy, which tends to hurt exporters. THE CANADIAN PRESS

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2 scene

The King's Speech claims Oscar glory

Movie about monarch takes best picture, best actor, best director and best original screenplay

The Fighter gets two awards

The King's Speech was crowned best picture last night at an Academy Awards ceremony as precise as a state coronation, the monarchy drama leading as expected with four Oscars and predictable favourites claiming acting honours.

Colin Firth as stammering British ruler George VI in The King's Speech earned the best-actor prize, while Natalie Portman won best actress as a delusional ballerina in Black Swan.

The boxing drama The Fighter claimed both supporting-acting honours, for Christian Bale as a boxer-turned-drug-abuser and Melissa Leo as a boxing clan's domineering matriarch.

The King's Speech also won the directing prize for Tom Hooper and the original-screenplay Oscar for David Seidler, a boyhood stutterer himself.

"I have a feeling my career's just peaked," Firth said. "I'm afraid I have to warn you that I'm experiencing stirrings somewhere in the upper abdominals which are threatening to form themselves into dance moves."

Among those Portman beat was Annette Bening for The Kids Are All Right. Bening now has lost all four times she's been nominated.

"Thank you so much. This is insane, and I truly, sincerely wish that the prize tonight was to get to work with my fellow nominees. I'm so in awe of you," Portman said.

Network censors bleeped Leo for dropping the F-word during her speech. Backstage, she jokingly conceded it was probably a very inappropriate place to use that particular word.

"Those words, I apologize to anyone that they offend. There is a great deal of the English language that is in my vernacular," Leo said.

Bale joked that he was keeping his language clean. "I'm not going to drop the F-bomb like she did," he said. "I've done that plenty of times before."

But the Oscars, being a global affair, were telecast elsewhere in the world with Leo's words uncensored. Viewers who watched the show on Star Movies, a major channel available throughout Asia, heard the F-word loud and clear.

Hooper, a relative big-screen newcomer best known for classy TV drama, took the industry's top filmmaking prize over Hollywood veteran David Fincher, who had been a strong prospect for his Facebook drama The Social Network.

The screenplay win capped a lifelong dream for King's Speech writer Seidler, a boyhood stutterer born in London in 1937, a year after George took the throne. Seidler, who overcame his own stutter at age 16, had long vowed to one day write about the monarch whose fortitude set an example for him in childhood.

The Danish drama In a Better World won the best foreign language film Oscar. In a Better world beat out Canadian hopeful Incendies. THE ASSOCIATED PRESS

Oscar winners

- Best Picture: The King's Speech.
- Actor: Colin Firth, The King's Speech.
- Actress: Natalie Portman, Black Swan.
- Supporting Actor: Christian Bale, The Fighter.
- Supporting Actress: Melissa Leo, The Fighter.
- Directing: Tom Hooper, The King's Speech.
- Foreign Language Film: In a Better World, Denmark.
- Adapted Screenplay: Aaron Sorkin, The Social Network.
- Original Screenplay: David Seidler, The King's Speech.
- Animated Feature Film: Toy Story 3.
- Art Direction: Alice in Wonderland.
- Cinematography: Inception.
- Sound Mixing: Inception.
- Sound Editing: Inception.
- Original Score: The Social Network, Trent Reznor and Atticus Ross.
- Original Song: We Belong Together from Toy Story 3, Randy Newman.
- Costume Design: Alice in Wonderland.
- Documentary Feature: Inside Job.
- Documentary (short subject): Strangers No More.
- Film Editing: The Social Network.
- Makeup: The Wolfman.
- Animated Short Film: The Lost Thing.
- Live Action Short Film: God of Love.
- Visual Effects: Inception.

KEVIN WINTER/GETTY IMAGES

▶ Actor Colin Firth accepts the award for best performance by an actor in a leading role for The King's Speech during the 83rd Annual Academy Awards held at the Kodak Theatre last night in Hollywood, Calif.

KEVIN WINTER/GETTY IMAGES

▶ Actor Christian Bale accepts the award for best performance by an actor in a supporting role for The Fighter.

Box office

Wherefore art thou, Gnomeo? Atop the box office, that's where.

Walt Disney's Gnomeo & Juliet, an animated 3-D twist on Romeo and Juliet, took in $14.2 million in its third week of release, leading the box office on Oscar weekend.

In a lighthearted, G-rated version of the Shakespeare drama, the film uses garden gnomes in roles usually reserved for heavyweights of the stage.

It was a surprising upset win for Gnomeo, which bested underperforming debuts from Owen Wilson and Nic Cage.

The Farrelly brothers' R-rated comedy Hall Pass earned $13.4 million for Warner Bros. Cage's 3-D action film Drive Angry took in just $5.1 million for Summit Entertainment.

THE ASSOCIATED PRESS

For more coverage of the Academy Awards, scan this code or visit metronews.ca/scene

Diaz sure does love her pornography

Cameron Diaz admits she has a penchant for adult entertainment.

"I love porn," she tells Jimmy Kimmel during an interview.

"You know what I love about hotels? How discreet they are," the actress adds.

"I love that. They always give you that little thing at the bottom, 'Your room will be charged the same as any other room, no titles will be used.' [All the movies] cost the same amount."

METRO

STEPHEN LOVEKIN/GETTY IMAGES

▶ Cameron Diaz

Arquette thought Courteney was cheating on him

David Arquette admits that reports about estranged wife Courteney Cox having an affair contributed to the partying binge that put him in rehab.

"There were tabloid stories coming out about her and someone on her show having, you know, an affair," he tells Oprah Winfrey.

"I thought she was having an affair with someone. Nobody would've said something like that if she weren't."

METRO

VALERIE MACON/GETTY IMAGES

▶ David Arquette

Biebs makes use of his shorn locks

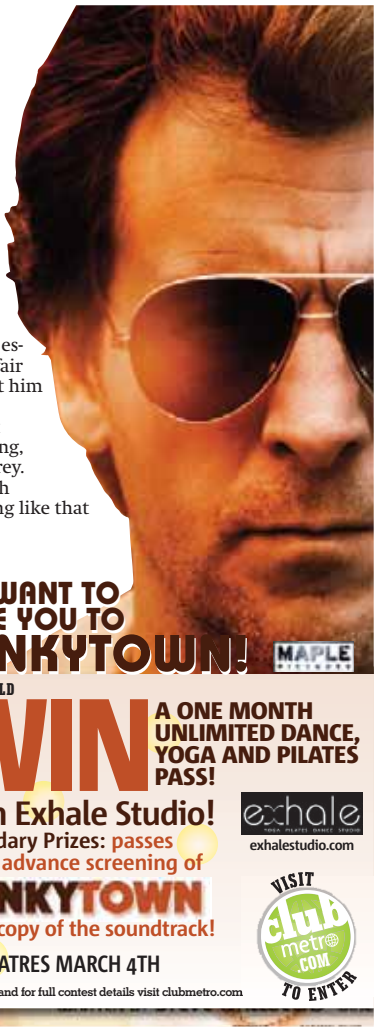
Justin Bieber is making use of the scraps left from his recent haircut.

While stopping by Ellen DeGeneres' talk show, he presented DeGeneres with a lock of his hair, which she had joked she wanted for her birthday.

Now DeGeneres is auctioning the lock for charity on eBay.

Bids have already topped $12,000 with two days still left in the auction.

METRO



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CARE CANADA

▶ Abshiro Aden Mohamed, a widow with four children who lives in a Kenyan refugee camp, walks about 20,000 steps a day. On March 8, you can help fight global poverty by walking to raise money for women like Mohamed.

Walking in her shoes

CARE Canada estimates some women in poor communities walk on average 8,000 steps a day

HEATHER BUCHAN
LIFE@METRONEWS.CA

All over the world, women and girls in some of the poorest communities take on the brunt of domestic labour: collecting firewood, fetching water and gathering food. These tasks entail long, often arduous, walks.

According to CARE Canada, an aid and development organization dedicated to fighting global poverty, these women and girls walk an average of six kilometres a day, which is about 8,000 steps.

Abshiro Aden Mohamed — a 55-year-old widowed mother of four who fled war-torn Somalia in 1991 and settled into the Dadaab Refugee Camp in Kenya where she and her children and grandchildren still live today, along with 10,000 other refugees — surpasses the statistics. She walks an average of 20,000 steps a day.

Here's what a typical day walking in Abshiro's well-trodden shoes is like.

Zero kilometres

Abshiro wakes up at 5 a.m. to pray before waking her youngest child, a 13-year-old daughter, along with her grandchildren for school and preparing breakfast for her entire family, which includes two grown sons, and their wives and her grown daughter. She then feeds her goats, fetches water from the nearby tap stand and walks the goats to the farthest end of camp where herdsmen take them to graze in the bush.

6 kilometres

After returning home, Abshiro walks the 30-minute route to the camp's market, where she owns a grocery stall, arriving at about 9 a.m. to open her business, which she runs with her 25-year-old daughter. Abshiro spends the next two hours dealing with wholesalers and stocking her stall, before heading out at 11 a.m. on a 30-minute walk to the other end of camp where she is supervising the construction of a boarding and lodging facility. Some days she must also walk to the food ration centre.

12 kilometres

Abshiro walks back to her stall in the heat, arriving at 1 p.m. to check on business. She then walks home to prepare tea for the children, perform her afternoon prayers and fetch more water. By the time she returns with water, it is 6 p.m. and Abshiro prepares dinner for the family. While they eat, she walks to the outskirts of camp to pick up her goats. She and the goats return home, she feeds them, performs evening prayers and bathes.

15 kilometres

At 9 p.m., Abshiro finally eats dinner, visits with neighbours for 20 minutes, does her laundry and goes to bed around 11:30 p.m.

"Every day is a happy day given to us by God," she says. "I am healthy and at peace of heart. I have all my children with me ... and they are of good health."

Women's Day

On March 8, celebrate International Women's Day and fight global poverty. Here's how you can help:

- **Walk**
  Take part in CARE Canada's Walk in Her Shoes national challenge.
- **Raise Money**
  You will raise money while walking 8,000 steps a day from March 2 to 8, or build your own challenge by setting up your own step count and time frame.
- **Register**
  Register individually or as part of a team at care.ca.
- **Results**
  Money raised will empower women and girls to improve their lives through access to education, health care, clean drinking water and earning a living.

Family time

Hold the chores!
Make time for some fun family activities:
• Games are a great way to kick back and relax with the family while teaching your kids patience, honesty and teamwork.
• Movies are an excitng way to escape with your family. All you need is a comfy couch, pyjamas and a DVD.
• Volunteering as a family can be fun and rewarding.
NEWS CANADA

SCANLIFE

For stress-busting tips for busy moms, scan this code or go online to metronews.ca.

Give pizza a peppery and slightly sweet upgrade

This arugula and fresh basil pizza with a crisp crust is easy to make

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Use a vegetable peeler to shave the Parmesan over the pizza.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Arugula, popular with Italian cooks since Roman times, is getting its own shelf space in grocery stores, as producers look for new greens to entice consumers.

Here, it's used to a make a sweet and peppery fresh basil and arugula pizza.

Preparation:

1. In a large bowl, stir water and yeast together, add all purpose and spelt flours, salt and oil until ragged firm dough comes together. Turn out onto a lightly floured surface and knead until dough feels elastic and smooth. Place dough in lightly oiled bowl, cover with plastic wrap and let rest for 30 minutes.
2. **Toppings**: Meanwhile, in a skillet heat oil over medium heat, and cook mushrooms and garlic until soft. Add artichokes and lemon rind and cook, stirring until warmed through or about two minutes. Season with salt and pepper, to taste.
3. In a small bowl, stir together pesto and sour cream.
4. Place a baking tray in the oven and preheat to 500 F (260 C).
5. Divide pizza dough into 2 discs. On lightly floured surface, roll out each piece to about 9 inches (23 cm) across. Remove heating pan from oven and sprinkle lightly with cornmeal.
6. Place rolled crust on pan and spread thin layer of the pesto mixture. Arrange prosciutto on top and spoon mushroom filling over top and bake for 10 to 15 minutes or until edges are golden.
7. Sprinkle pizzas with Parmesan and top with basil and arugula.

WITH FILES FROM THE ASSOCIATED PRESS

Ingredients:

- 3/4 cup (175 mL) tepid water (about 105 F/40 C)
- 2 1/4 tsp) instant dry yeast
- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) spelt flour
- 1 tsp (5 mL) salt
- 3 tbsp (45 mL) olive oil

Toppings

- 2 tbsp (30 mL) olive oil
- 8 oz (250 g) cremini mushrooms, sliced
- 2 cloves garlic, minced
- 1 jar (14 oz/398 mL) marinated artichokes
- Salt and pepper
- 1 tsp (5 mL) grated lemon rind
- 1/4 cup (50 mL) basil pesto
- 3 tbsp (45 mL) sour cream
- Cornmeal for sprinkling
- 12 slices prosciutto
- 2 oz (60 g) shaved Parmesan cheese
- 2 cups (500 mL) lightly packed baby arugula leaves
- 1/3 cup (75 mL) lightly packed fresh basil leaves

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

| PAT CARTER/ THE ASSPCIATED PRESS

▶ Emeril Lagasse returns to TV in May with a new show.

Emeril dissects the originals

Emeril Lagasse, who knows something about longevity in the food world, will dissect the secrets of success of historic restaurants on a new television show.

Called The Originals, it will begin airing in May on the Cooking Channel, Lagasse said.

"Everybody's doing something new, so I'm doing something old," he said. "I'm going to restaurants around the country that have been in business 50, 75, 100 years. Places that are still in business, and are doing it right."

One of the earliest stars launched by the Food Network, Lagasse sold the rights to his franchise of books, television shows and kitchen products to Martha Stewart Living Omnimedia Inc., in 2008.

After taking some time off, he's kept busy with a variety of projects: In addition to The Originals, Lagasse has a new cooking show in the works for the Hallmark Channel, a 16th cookbook coming out in the fall and "three projects on the drawing board" at his various restaurants.

Working for Stewart has been a "great journey," Lagasse said.

"The support system of not only the Emeril team but the support system of Martha's team has been incredible," he said.

THE ASSOCIATED PRESS

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Segal Graduate School of Business

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

THE CHALLENGES OF GREEN CLEAN

The caulking in our shower is getting blacker and yuckier by the day. I've tried a few different cleaning agents but was wondering if you have any tricks up your sleeve for mildew?
Ione, Sunshine Coast of B.C.

HANDOUT

▶ Get a handle on the mould and mildew in your bathroom.

Mould and mildew are definitely cleaning challenges. That yucky black stuff is a colony of moisture-loving mould spores. It grows on caulking (the squishy stuff that seals your tub to the wall), in grout lines (the hard material between tiles), on the shower curtain, or on tub and tile surfaces. And it can affect air quality.

You can tackle mould and mildew on bathroom surfaces a few different ways:

Make a paste with baking soda and liquid castile soap (try the types infused with tea tree or lavender essential oils). Apply with a sponge or rag, let sit for 15 minutes for heavy duty jobs, then rinse and wipe clean.

A spray bottle of undiluted white vinegar will also do the trick, but be careful. Vinegar is a strong acid that can etch tile or grout. Use it only on the caulking and rinse off well — it's always best to do a test patch.

Liquid oxygen bleach is another option. It's basically diluted hydrogen peroxide, found in the laundry aisle of your grocery store. Apply it with a spray bottle or follow the manufacturer's instructions.

Worst case scenario is if the mould has worked its way behind the caulking. In this case, you may have to re-caulk, and if you do, choose non-toxic, 100 per cent silicone.

Of course, mould and mildew prevention is the key. Get a handle on the humidity of your bathroom. Make sure the fan is rated to fit the size of your bathroom and that it's working properly.

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ISTOCK PHOTO

▶ Increasingly, there are safe alternatives to using harmful road salts.

Putting ice on a low-salt diet

There are new alternatives to those environmentally unsafe road salts ◐ EcoTraction is one that may stick

BEN KNIGHT
LIFE@METRONEWS.CA

Canadian cities use an enormous amount of salt and gravel to keep their roads and highways ice-free. This salt damages infrastructure, eventually seeping into the ground and water systems, where it causes harmful, expensive, toxic after-effects.

EcoTraction is a pollution-free alternative developed by Canadian entrepreneurs. It bonds to ice, increasing traction, and blows away as dust when the ice is gone. It's been featured on the popular CBC television program Dragons' Den.

What are the pollution dangers of traditional road salt?

"Every ton of salt that we put on the road causes $900 in damage to roads, bridges and landscaping in our cities," says EcoTraction co-founder Mark Watson. "That's not counting rust on cars, and your shoes that get destroyed, and your pets that get sick. Multiply that by 10-million tons, and now you've got a $9-billion problem. On top of that, every ton of salt contaminates 1.64 million litres of water, to the point where it is no longer drinkable. There is no industrial contaminant larger than road salt."

How does this new product work?

"EcoTraction is 100 per cent eco-friendly alternative to chloride-based ice melters," Watson explains. "It's an all-natural volcanic mineral that absorbs the thin layer of water on the surface of snow and ice, and embeds itself to create a traction zone that makes it safe to walk. It's so safe, it helps plants grow — and actually decontaminates water. A lot of it simply disappears as dust. It can also be swept up, and used again the following year. This stuff can even be added to municipal compost — those green-bin programs — to make super-rich compost."

What are the costs compared to traditional salt?

"One cup of our EcoTraction is equal to nine cups of salt," Watson notes.

"Per square foot, it's half the price, and there's no toxic secondary consequences. It doesn't burn the concrete. It doesn't burn landscaping. It doesn't burn a city's fleet of vehicles. When salt goes in the water, it's a massive pollutant. When EcoTraction goes into the water, it filters dangerous material, and is safe for aquamarine life."

Vancouver

What's going on in your city:

- **Efforts** The city believes that salt is not as damaging to local roads and sewers systems as sand. Vancouver has traditionally favoured salt, finding it to be more economical, as well. Salty run-off may be slightly less of an issue than in most other big Canadian cities, as the city is a salt-water port.
- **Video** Hear more from Mark Watson at youtube.com/thetruthaboutsalt.

Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

BUILDING A BUSINESS

For a year and a half he sat beside his grandfather every chance he could, listening to his views on life and business.

His beloved granddad had cancer and Kyle Braatz knew his time with him was limited.

When it finally came time to say goodbye, Kyle decided he would honour his life by organizing a cross-country bike tour that raised more than $100,000 for cancer research.

Armed with that experience and his granddad's advice, Braatz decided to start his own company in Ottawa.

His company, Netgen, which launched in 2009, is now a successful digital marketing firm. At the age of 26, Braatz has started three companies and is working on a fourth.

Finding and working with mentors have taken Kyle's entrepreneurial skills to the next level.

"Sometimes you have the best idea going but you're afraid to ask for feedback," he said.

"They genuinely want to help so don't think you're a burden."

Kyle's inspiration and biggest mentor was Frank Moores, the second premier of Newfoundland.

He learned from one of the best. Granddad Frank would be proud.

Starting out

Tips for entrepreneurs:

- Make community and relationships the foundation of your life and your business.
- Believe in yourself and surround yourself with people who believe in you.
- Money should not be your motivation; it is merely an indicator that comes from following passion.
- Base your business and your life on integrity. Short-term gains mean nothing unless they are sustainable.
- Be open to criticism, support and change.

▶ Kyle Braatz, co-founder and CEO of Netgen.

Make the most of your home office

Today's home offices can be versatile in look, function and form Here's how to make your space work for you

For most of us, the home office is a must, but it doesn't have to be the cluttered storage room for all your household's odds and ends.

Today's home offices can be versatile in look, function, form — and even location.

Frank Turco, senior manager of trend and design with The Home Depot Canada, recommends these tips to make your home office work for you

.

Two rooms in one

If your home doesn't have a dedicated office, incorporating a workstation into the kitchen can be easily done. Plus, easy access to the workstation ensures you can keep your eyes on the "staff" while they play close by.

Organize for efficiency

Look to better organize your workstation. If the base of your computer is only accessed for troubleshooting, place it under your desk. Need to print on a daily basis? Keep your printer within reach. How about more space and storage? Consider storage solutions that are both functional and stylish.

Creatively categorize

Take the pegboard out of the garage and use it in your office to hang essentials — everything from scissors to staplers. Try painting the pegboard a bright colour to add a touch of decor to the space.

Out of space

If you're in need of a home office but feel you simply don't have the space, floating shelves and storage cubes may be the solution for you. What's best is they can be tailored for your space and needs.

Or out of mind...

Would you prefer your home office is out of sight and out of mind when not in use? Then an unused closet may make the perfect space. Simply add shelving to create storage and a desk and wallpaper to finish the look.

For more great ways to update your home office, visit homedepot.ca. NEWS CANADA

ISTOCK

▶ If your home doesn't have a dedicated office, try incorporating one into your kitchen.

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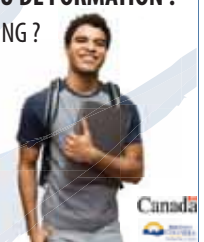

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Just say no to scare tactics: Experts

- When it comes to drug prevention among teens, a realistic approach may be the key
- Prevention programs must steer away from focusing solely on addiction, says outreach worker

Nathaniel Koutsostavros had a rough adolescence. An absent father and a bipolar grandmother created a tough life at home, while weight issues and depression made high school painful.

At 17, he turned to drugs and soon spiralled out of control, often spending $300 a day on cocaine. Looking back, many of those days remain a blur, but the Toronto native does remember the prevention programs that tried to stop him from what he had become, and how they didn't seem to work.

"It was unrealistic," says Koutsostavros, now a recovering drug addict who remembers the scare tactics used to ward teens away from substance abuse. "If someone would have came to me and honestly talked to me about drugs, it probably would have helped a little more."

Koutsostavros recalls being plied with horror stories about how one ecstasy pill could kill, or how smoking marijuana would lead to schizophrenia. Daring teenagers not to use drugs simply goaded them into trying them, he says.

"When I tried weed I said, 'This is not doing anything,' and so I would try other drugs and they would have a more positive effect than what they led me to believe," says Koutsostavros. "I feel like scare tactics are the worst things you can use with drugs."

The 21-year-old, who completed a stint in rehab a year and a half ago, now shares his experiences with high school kids, offering a realistic view of what happens to addicts. No horror stories, just the facts.

It's an approach that a leading scientist in the U.S. is trying hard to push into practice all over North America.

Dr. Nora Volkow, director of the National Institute on Drug Abuse, says teens are more likely to respond to drug prevention messages if they come from other young people. But, she cautions, teens are also more likely to take drugs if their peers do as well.

"We need to tailor addiction programs to take into account these two factors," says Volkow. "A message that is targeted toward really emphasizing the negative consequences in a way that is tailored for adolescents would be more effective."

A multi-pronged drug prevention approach, which targets an adolescent's family, school and community, would pack the hardest punch, she says. But while evidence for the success of such programs exists, Volkow says only a handful of schools and communities implement them. And that's

"Drugs are devastating to our society, it's sort of enraging in a way ... Why then aren't we taking a more aggressive approach to prevention and treatment? As a society perhaps we incorporate (substance abuse) as things that are inevitable, but that's not the case, it need not be."

DR. NORA VOLKOW, DIRECTOR, NATIONAL INSTITUTE ON DRUG ABUSE

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The teen brain

Part of the solution is understanding just how different teenage brains are.

- Volkow explains that teen brains are thought to be more likely to experiment with drugs because they are still developing. The connections between the area of the brain that makes decisions and the area that takes action aren't as strong as those in adults, she says.
- Once exposed to drugs, Volkow's institute has shown that teenagers are more vulnerable to becoming addicted because their developing brains are able to adapt and learn certain behaviours faster than adults.

▶ A multi-pronged drug prevention approach, targeting an adolescent's family, school and community, is needed, says a leading U.S. scientist.

something she hopes will change.

"You need simple, realistic, user-friendly prevention approaches, otherwise it won't go anywhere," she says.

And when teens do get to a point where they are hooked onto a substance, their addiction must be treated as a disease, she says, and not as a weakness or a lack of moral fibre.

Volkow adds that she considers drugs — which include alcohol — the number 1 cause, directly or indirectly, of deaths among young people.

Dennis Long knows communities can do more to prevent teenage substance abuse. The director of Breakaway, a Toronto-based outreach and addiction treatment centre, has been in the field for 35 years and says the numbers for youth drug use aren't declining in any significant way.

But he says it's important that teen drug abuse prevention programs get away from focusing solely on addiction because adolescents use substances differently. Long explains that teenagers have a higher tendency to stay clean during the week and then binge on any given substance over the weekend, meaning prevention efforts have to take such habits into consideration.

He adds that it's also important for parents and teachers to realize that substances like alcohol can be just as dangerous as hard drugs when abused.

"We get parents in here that are very upset they've discovered a joint in their son or daughter's room and yet, when we start talking to the young person we find they're drinking at an alarming rate but the parents are like, 'Oh that's OK, it's just beer,'" he says.

"We have to start to look at how we endorse certain kinds of behaviour patterns among young people."

Ultimately, Long's team tries to stay realistic when reaching out to teens.

"We don't come from a hard-line abstinence base. That's completely ineffective," he says. "We give them the straight facts, drawn from scientific evidence. We don't try to scare them."

THE CANADIAN PRESS

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4 sports

Sports in brief

1 The Lakers extended their cushion over Oklahoma City in the Western Conference standings by beating the Thunder 90-87.

2 Hall of Fame centre-fielder Duke Snider died yesterday. He was 84.

3 Birmingham ended a 48-year wait for silverware by upsetting Arsenal 2-1 with a last-minute winner in the Carling Cup final.
THE ASSOCIATED PRESS

Scan code for more sports

Deadline day could lack drama

The biggest day for buzz on the NHL calendar starts awfully early in Allan Walsh's office. The Los Angeles-based agent is making sure all hands are on deck leading up to today's trade deadline.

"I want the office completely staffed and we're up and running at 4:30 a.m. L.A. time," Walsh said yesterday. "We divide up responsibilities. I have a couple people that I assign to monitoring what's going on — TSN, Sportsnet, on the Internet. At the same time, I'm working the phones talking to different GMs and players.

"You want to stay out in front of the news."

It's the kind of scene that plays out all over the hockey world. Management teams gather in war rooms, anxious players stay glued to their cellphones and fans tune in for hours and hours of live television coverage and analysis.

There is traditionally a dizzying amount of action — 31 trades involving 55 players were made last year — as teams try to load up for a playoff run or get started on a rebuild.

A unique aspect of today's noon deadline is the fact an unusually high number of deals have already been made in recent weeks. More than two-thirds of NHL teams have been involved in player transactions this month, raising doubts about how much action will be left for the final day.

"I think there'll be a lot of activity, I just think there's not going to be many — if any — blockbuster deals," said Walsh, who spoke with about 12 GMs yesterday in an effort to get an understanding of what might be coming for his clients. THE CANADIAN PRESS

JONATHAN DANIEL/GETTY IMAGES

▶ Jonathan Toews of the Chicago Blackhawks scores the winning goal against Ilya Bryzgalov of the Phoenix Coyotes in a shootout yesterday. Chicago won 4-3 for its fourth straight victory.

Amazing race

- Lidstrom says he's never seen a playoff race as tight as this one
- Thirteen of the conference's 15 teams still have a shot at playoffs

The NHL's Western Conference playoff race is simply wild.

"I don't think I've ever seen it this tight," Detroit Red Wings defenceman Nicklas Lidstrom said. "If you don't play well, someone is going to take your spot."

The league's trading deadline this afternoon gives teams one last shot to improve their roster for the stretch run.

Lidstrom likely will be in the post-season for the 19th straight season, but Detroit is determined to catch Western Conference-leading Vancouver and to hold off whomever wins the Pacific Division.

The Canucks are enjoying being atop a race with 13 of the 15 teams in the conference entering the final run of the regular season with a legitimate shot to finish among the top eight.

"We're seeing the result of the salary cap, which has created parity in the league."
LARRY MURPHY, HALL OF FAMER AND HOCKEY ANALYST

"It's a long way to go, but I'd rather be where we are than where they are," Vancouver's Daniel Sedin said.

The Canucks and Red Wings have double-digit cushions in the Central and Northwest Divisions, setting them up to probably be two of the top-three seeded teams when the regular season ends April 10.

Not much else is certain.

The San Jose Sharks have a slim lead over Phoenix, Los Angeles and Dallas in the Pacific Division.

"It is what it is," San Jose coach Todd McLellan said.

What is it?

"Tight," McLellan said. "Every night is a playoff game."

The defending champion Chicago Blackhawks are one of those teams struggling to get in the post-season.

Blackhawks goalie Corey Crawford, though, is not deterred.

"It's so close you can jump from that spot up to fourth or whatever it is," Crawford said. "We're looking at the standings, but you can't pay too much attention to it."

The teams fighting to get in the playoffs are all within a few points of each other. And the teams move up and down the standings seemingly every day.

"It's insane," Nashville coach Barry Trotz said.

Kings defenceman Jack Johnson agreed.

"This year has been crazy," Johnson said. "Every game means so much."

When the Blue Jackets aren't playing, their coach Scott Arniel has a hard time deciding which other teams to root for.

"You're trying to figure out who the right opponent is and who is the right team to cheer for," Arniel said.
THE ASSOCIATED PRESS

Holland denies Jones a fourth straight title

Saskatchewan's Amber Holland has ended the reign of Jennifer Jones at the Scotties Tournament of Hearts with an 8-7 win over the four-time champion.

Holland stole a single point in the 10th end last night for the victory.

Holland, third Kim Schneider, second Tammy Schneider and lead Heather Kalenchuk will represent Canada at the Capital One World Women's Curling Championship.

4 Jennifer Jones was attempting to win a fourth straight Scotties and tie the record for consecutive titles.

Saskatchewan is on a roll in curling this winter as teams from that province also won the Canadian junior men's and women's championships.

Nova Scotia's Heather Smith-Dacey defeated Ontario's Rachel Homan 9-7 earlier to win the bronze medal.
THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Amber Holland

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	62	40	16	3	3	203	159	86	20-8-1-2	20-8-2-1	6-3-1-0	L1
d-Tampa Bay	62	37	18	3	4	191	190	81	21-7-1-3	16-11-2-1	5-3-0-2	W3
d-Boston	62	36	19	2	5	194	148	79	15-12-1-2	21-7-1-3	6-4-0-0	W5
Pittsburgh	64	37	21	3	3	187	159	80	20-11-2-0	17-10-1-3	3-5-1-1	W1
Washington	63	33	20	5	5	168	161	76	17-8-2-5	16-12-3-0	5-5-0-0	W1
Montreal	63	33	23	4	3	165	164	73	20-8-3-3	13-15-1-0	3-5-0-2	W1
NY Rangers	64	33	27	2	2	179	157	70	14-15-1-2	19-12-1-0	4-6-0-0	L1
Carolina	63	29	25	4	5	184	193	67	16-10-1-2	13-15-3-3	3-4-2-1	L1
Buffalo	61	29	25	6	1	176	177	65	14-15-2-1	15-10-4-0	5-3-1-1	L1
Toronto	63	27	27	4	5	164	193	63	14-11-3-4	13-16-1-1	5-1-2-2	L2
Atlanta	63	26	26	4	7	178	205	63	14-12-1-5	12-14-3-2	2-6-1-1	W1
Florida	62	26	29	3	4	159	171	59	12-12-3-3	14-17-0-1	3-6-1-0	L1
New Jersey	62	27	31	3	1	132	164	58	13-13-2-1	14-18-0-1	9-1-0-0	W1
NY Islanders	63	23	32	4	4	172	205	54	12-15-1-3	11-17-3-1	6-3-1-0	L3
Ottawa	62	21	32	5	4	143	200	51	11-16-2-3	10-16-3-1	4-5-0-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	63	39	15	4	5	208	150	87	22-6-1-4	17-9-3-1	5-5-0-0	L1
d-Detroit	62	38	18	4	2	206	179	82	17-10-3-1	21-8-1-1	7-3-0-0	W1
d-San Jose	63	36	21	4	2	178	162	78	15-10-2-1	21-11-2-1	9-1-0-0	W6
Phoenix	64	33	21	6	4	184	186	76	15-10-3-2	18-11-3-2	7-2-0-1	L3
Los Angeles	62	35	23	2	2	174	149	74	19-9-1-0	16-14-1-2	7-1-1-1	W3
Calgary	64	32	23	3	6	190	182	73	19-10-1-3	13-13-2-3	6-2-1-1	W1
Chicago	62	33	23	2	4	198	172	72	19-14-0-0	14-9-3-3	6-2-0-2	W4
Dallas	62	33	23	2	4	171	175	72	18-9-2-3	15-14-0-1	3-6-1-0	W2
Minnesota	62	33	23	1	5	163	162	72	16-12-0-3	17-11-1-2	6-3-0-1	W1
Nashville	63	32	23	5	3	161	151	72	15-7-4-3	17-16-1-0	4-5-1-0	W1
Anaheim	63	33	25	3	2	176	186	71	18-10-1-1	15-15-2-1	5-4-1-0	W1
Columbus	61	31	24	3	3	170	181	68	16-13-0-2	15-11-3-1	6-3-0-1	L1
St. Louis	62	28	25	4	5	173	180	65	18-10-1-3	10-15-3-2	4-5-0-1	L1
Colorado	63	26	30	7	0	183	217	59	14-15-4-0	12-15-3-0	1-8-1-0	L3
Edmonton	63	20	35	1	7	158	211	48	10-19-1-3	10-16-1-3	4-6-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Calgary 1 St. Louis 0
Atlanta 3 Toronto 2 (OT)
Boston 3 Edmonton 2
Anaheim 3 Colorado 2
Chicago 4 Phoenix 3 (SO)
Nashville 3 Columbus 2
New Jersey 2 Florida 1
Tampa Bay 2 N.Y. Rangers 1
Saturday's results
Montreal 4 Carolina 3
Ottawa 4 Philadelphia 1
Boston 3 Vancouver 1
Pittsburgh 6 Toronto 5 (SO)
Dallas 3 Nashville 2
Detroit 3 Buffalo 2 (SO)
Los Angeles 4 Colorado 3
Washington 3 N.Y. Islanders 2
Tonight's games
Chicago at Minnesota, 8 p.m.
Detroit at Los Angeles, 10:30 p.m.
Tomorrow's games
Buffalo at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Florida at Carolina, 7 p.m.
Montreal at Atlanta, 7 p.m.
Boston at Ottawa, 7:30 p.m.
Calgary at St. Louis, 8 p.m.
Dallas at Phoenix, 9 p.m.
Nashville at Edmonton, 9:30 p.m.
Columbus at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.

LIGHTNING 2, RANGERS 1

First Period
1. Tampa Bay, St. Louis 24 (Downie) 5:04
Penalties — Brewer TB (cross-checking) 1:03, Hedman TB (tripping) 13:43, Downie TB (roughing) 19:34.
Second Period
2. N.Y. Rangers, Prust 10 (McDonagh, Boyle) 9:42 (sh)
Penalties — Zuccarello NYR (tripping) 4:42, Christensen NYR (interference) 8:39, Dubinsky NYR (high-sticking) 11:59.
Third Period
3. Tampa Bay, Lecavalier 15 (St. Louis, Purcell) 2:40 (pp)
Penalties — Girardi NYR (boarding) 1:11, Boyle NYR (delay of game) 2:04, Dubinsky NYR (interference) 4:22, Clark TB (holding) 13:12.
Shots

Tampa Bay	7	5	7	19
N.Y. Rangers	4	9	10	23

Goal — Tampa Bay: Roloson (W,18-19-2); N.Y. Rangers: Lundqvist (L,25-21-4). **Power plays (goals-chances)** — Tampa Bay: 1-6; N.Y. Rangers: 0-4.
Referees — Ian Walsh, Kelly Sutherland.
Linesmen — Scott Driscoll, Tim Nowak.
Attendance — 18,200 (18,200).

DEVILS 2, PANTHERS 1

First Period
No Scoring.
Penalties — Greene NJ (slashing) 10:55, Dvorak Fla (hooking) 15:28.
Second Period
1. New Jersey, Clarkson 9 (Pelley, Mair) 5:46
2. New Jersey, Rolston 11 (Zubrus) 9:11 (pp)
Penalty — Weaver Fla (holding) 9:08.
Third Period
3. Florida, Reasoner 13 (Repik, Santorelli) 15:31
Penalty — Hordichuk Fla (interference) 3:00.
Shots

New Jersey	10	10	6	26
Florida	11	7	8	26

Goal — New Jersey: Brodeur (W,14-19-2); Florida: Vokoun (L,20-22-4). **Power plays (goals-chances)** — New Jersey: 1-3; Florida: 0-1.
Referees — Paul Devorski, Rob Martell. **Linesmen** — Brian Murphy, Pierre Racicot.
Attendance — 16,592 (17,040).

THRASHERS 3, LEAFS 2 (OT)

First Period
1. Toronto, Kulemin 22 (Grabovski, MacArthur) 6:09
2. Toronto, Kessel 26, 8:34
Penalties — Brent Tor (tripping) 2:00, Lebda Tor (interference) 17:08, Mason Atl (holding; served by Wheeler) 19:35.
Second Period
No Scoring.
Penalties — Kane Atl (goaltender interference) 1:35, Ladd Atl (hooking) 6:23, Brent Tor (hooking) 14:00, Aulie Tor (high-sticking) 19:18.
Third Period
3. Atlanta, Ladd 23 (Wheeler, Enstrom) 0:23 (pp)
4. Atlanta, Stapleton 1 (Stewart, Bogosian) 15:24
Penalty — Antropov Atl (charging) 5:15.
Overtime
5. Atlanta, Hainsey 2 (Little, Oduya) 2:31
Penalties — None.
Shots

Toronto	12	5	6	1—34
Atlanta	11	11	20	1—43

Goal (shots-saves) — Toronto: Reimer (18-18), Giguere (L,11-10-4)(16:04 second)(25-22); Atlanta: Mason (W,8-8-3). **Power plays (goals-chances)** — Toronto: 0-4; Atlanta: 1-4.
Referees — Eric Furlatt, Ghislain Hebert.
Linesmen — Derek Nansen, Shane Heyer.
Attendance — 13,147 (18,545).

BLACKHAWKS 4, COYOTES 3 (SO)

First Period
1. Chicago, Toews 21 (Kopecky) 2:52
2. Chicago, Toews 22 (Seabrook, Kane) 16:55 (pp)
Penalties — Stalberg Chi (high-sticking) 13:57, Schlemko Pho (holding) 16:10, Aucoin Pho (tripping) 16:31.
Second Period
3. Phoenix, Aucoin 3 (Yandle, Doan) 2:13
4. Chicago, Hossa 15 (Kane, Keith) 8:14 (pp)
5. Phoenix, Yandle 10 (Whitney, Boedker) 11:11 (pp)
6. Phoenix, Hanzal 15 (Whitney, Boedker) 17:01 (pp)
Penalties — Stalberg Chi (hooking) 2:57, Doan Pho (roughing) 6:26, Dowell Chi (high-sticking) 10:38, Hossa Chi (hooking) 16:51.
Third Period
No Scoring.
Penalties — None.
Overtime
No Scoring.
Penalties — None.
Shootout
Chicago wins 1-0
Phoenix (0) — Upshall, miss; Vrbata, miss; Turris, miss. **Chicago (1)** — Toews, goal; Sharp, miss; Kane, miss.
Shots

Phoenix	8	14	5	2—29
Chicago	17	9	12	3—41

Goal — Phoenix: Bryzgalov (L,27-15-7); Chicago: Crawford (W,22-12-3). **Power plays (goals-chances)** — Phoenix: 2-4; Chicago: 2-3.
Referees — Stephane Auger, Brad Meier.
Linesmen — Greg Devorski, Andy McElman.
Attendance — 21,473 (19,717).

FLAMES 1, BLUES 0

First Period
No Scoring.
Penalties — Crombeen StL (double high-sticking) 6:03, Bouwmeester Cal (hooking) 20:00.
Second Period
No Scoring.
Penalties — Jackman StL (interference) 2:27, D'Agostini StL (hooking) 10:32, Glencross Cal (hooking) 10:40.
Third Period
1. Calgary, Moss 15 (Tanguay) 5:39
Penalty — Sarich Cal (holding) 14:56.
Shots

St. Louis	10	3	14	27
Calgary	6	9	5	20

Goal — St. Louis: Bishop (L,2-2-0); Calgary: Kiprusoff (W,28-20-5). **Power plays (goals-chances)** — St. Louis: 0-3; Calgary: 0-4.
Referees — Gord Dwyer, Dan O'Rourke. **Linesmen** — Ryan Galloway, Dan Schachte.
Attendance — 19,289 (19,289).

BRUINS 3, OILERS 2

First Period
1. Edmonton, Hemsky 14 (Vandermeer, Penner) 1:05
2. Boston, Ryder 17 (Lucic, McQuaid) 15:30
3. Boston, Horton 17 (Krejci, Seidenberg) 18:39
Penalties — Horton Bos, Peckham Edm (fighting) 8:27.
Second Period
4. Boston, Peverley 15 (Ryder, Kelly) 19:08
Penalties — McQuaid Bos (tripping) 0:16, Foster Edm (tripping) 2:26, Hall Edm (roughing) 8:01.
Third Period
5. Edmonton, Brule 7 (Eberle, Strudwick) 3:14
Penalties — Marchand Bos, Cogliano Edm (fighting) 3:38, Lucic Bos, Vandermeer Edm (fighting) 4:57.
Shots

Boston	15	17	8	40
Edmonton	5	7	5	17

Goal — Boston: Rask (W,8-11-1); Edmonton: Dubnyk (L,8-9-6). **Power plays (goals-chances)** — Boston: 0-2; Edmonton: 0-1.
Referees — Kyle Rehman, Kevin Pollock.
Linesmen — Mike Cvik, Lonnie Cameron.
Attendance — 16,839 (16,839).

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	42	15	.737	—
d-Miami	43	17	.717	½
d-Chicago	40	17	.702	2
Orlando	38	22	.633	5½
Atlanta	36	23	.610	7
New York	30	27	.526	12
Philadelphia	30	29	.508	13
Indiana	26	32	.448	16½
Charlotte	26	33	.441	17
Milwaukee	22	36	.379	20½
Detroit	22	39	.361	22
New Jersey	17	42	.288	26
Toronto	16	44	.267	27½
Washington	15	43	.259	27½
Cleveland	11	48	.186	32

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	49	10	.831	—
Dallas	43	16	.729	6
d-L.A. Lakers	42	19	.689	8
d-Oklahoma City	36	22	.621	12½
New Orleans	35	26	.574	15
Denver	34	26	.567	15½
Portland	33	26	.559	16
Memphis	33	28	.541	17
Utah	32	28	.533	17½
Phoenix	30	27	.526	18
Houston	30	31	.492	20
Golden State	26	32	.448	22½
L.A. Clippers	21	39	.350	28½
Sacramento	14	43	.246	34
Minnesota	14	46	.233	35½

d — division leader.
Yesterday's results
Dallas 114 Toronto 96
Houston 91 New Orleans 89
L.A. Lakers 90 Oklahoma City 87
Minnesota 126 Golden State 123
New York 91 Miami 86
Orlando 100 Charlotte 86
Philadelphia 95 Cleveland 91
Phoenix 110 Indiana 108 (OT)
San Antonio 95 Memphis 88
Atlanta 90 Portland 83
Saturday's results
Detroit 120 Utah 116
Memphis 120 Sacramento 92
Dallas 105 Washington 99
Houston 123 New Jersey 108
Chicago 83 Milwaukee 75
Boston 99 L.A. Clippers 92
Tonight's games
Phoenix at New Jersey, 7 p.m.
Chicago at Washington, 7 p.m.
Atlanta at Denver, 9 p.m.
Boston at Utah, 9 p.m.
L.A. Clippers at Sacramento, 10 p.m.
Tomorrow's games
Golden State at Indiana, 7 p.m.
New York at Orlando, 7 p.m.
Dallas at Philadelphia, 7 p.m.
New Orleans at Toronto, 7 p.m.
San Antonio at Memphis, 8 p.m.
Detroit at Milwaukee, 8 p.m.
L.A. Lakers at Minnesota, 8 p.m.
Houston at Portland, 10 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	10	8	2	.800	117	91	—
Boston	9	6	3	.667	99	81	1½
Buffalo	7	4	3	.571	78	67	2½
Rochester	9	5	4	.556	85	96	2½
Philadelphia	9	4	5	.444	82	97	3½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	—
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	1½
Edmonton	9	2	7	.222	93	110	3½
Colorado	8	1	7	.125	70	94	4

WEEK EIGHT
Yesterday's result
All-star Game (At Verona, N.Y.)
East 30 West 26
Saturday's results
Toronto 16 Philadelphia 13
Rochester 13 Edmonton 9

GOLF

PGA MAYAKOBA GOLF CLASSIC

At Playa Del Carmen, Mexico
Par 71
Final Round
(x-won on first playoff hole)

x-Johnson Wagner, $666,000	69-66-65-67—267
Spencer Levin, $399,600	68-67-67-65—267
John Cook, $251,600	70-68-66-66—270
Chris Stroud, $177,600	68-63-70-70—271
Rory Sabbatini, $121,175	69-69-68-66—272
David Toms, $121,175	66-70-69-67—272
Brian Gay, $121,175	69-68-67-68—272
Briny Baird, $121,175	67-70-66-69—272
Jarrod Lyle, $121,175	69-66-67-70—272
Bobby Gates, $121,175	70-68-64-70—272
Kent Jones, $92,500	67-68-69-69—273
Cameron Beckman, $85,100	67-70-66-71—274
Brett Wetterich, $65,367	69-68-69-69—275
Tom Lehman, $65,367	70-70-66-69—275
Kyle Stanley, $65,367	66-71-69-69—275
Billy Horschel, $65,367	70-65-70-70—275
Charles Howell III, $65,367	68-69-67-71—275
Jeff Quinney, $65,367	71-67-65-72—275
Fredrik Jacobson, $37,777	68-67-70-71—276
Jhonattan Vegas, $37,777	74-65-70-67—276
Jason Bohn, $37,777	72-68-65-71—276
Scott McCarron, $37,777	69-68-68-71—276
J.J. Henry, $37,777	69-69-67-71—276
William McGirt, $37,777	68-67-69-72—276
Cameron Percy, $37,777	68-66-70-72—276
Tom Pernice, Jr., $37,777	69-68-67-72—276
Tommy Gainey, $37,777	68-68-68-72—276
Sunghoon Kang, $37,777	67-67-69-73—276
Also	
David Hearn, $17,469	**69-70-69-70—278**

LPGA HSBC CHAMPIONS

At Singapore
Par 72
Final Round

Karrie Webb, $210,000	70-66-70-69—275
Chie Arimura, $132,846	68-66-71-71—276
Yani Tseng, $96,370	70-72-69-67—278
Sun Young Yoo, $74,550	70-68-73-69—280
Morgan Pressel, $60,004	73-69-71-68—281
Na Yeon Choi, $49,094	69-71-71-71—282
I.K. Kim, $41,094	72-73-67-72—284
Catriona Matthew, $36,003	73-73-69-70—285
Stacy Lewis, $30,911	72-72-72-70—286
Cristie Kerr, $30,911	74-67-73-72—286
Song-Hee Kim, $25,528	79-68-70-70—287
Amy Yang, $25,528	73-72-72-70—287
Jiyai Shin, $25,528	71-72-73-71—287
Also	
Alena Sharp, $5,019	**80-76-74-70—300**

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

CHICAGO WHITE SOX — Agreed to terms with C Tyler Flowers, INF Gordon Beckham, INF Eduardo Escobar, INF Brent Lillibridge, INF Brent Morel, OF Alejandro De Aza, OF Stefan Gartrell, P Anthony Carter, P Kyle Cofield, P Freddy Dolsi, P Lucas Harrell, P Gregory Infante, P Nate Jones, P Jeff Marquez, P Jhonny Nunez, P Chris Sale and P Sergio Santos.
SEATTLE MARINERS — Announced the retirement of OF Jody Gerut.

FOOTBALL

NFL

MIAMI DOLPHINS — Signed NT Paul Soliai to a franchise-tag contract.

HOCKEY

NHL

BOSTON BRUINS — Agreed to terms with D Shane Hnidy on a one-year contract. Signed RW Kirk MacDonald.
CHICAGO BLACKHAWKS — Agreed to terms with D Brent Seabrook on a five-year contract extension.
OTTAWA SENATORS — Re-assigned F Colin Greening, F Corey Locke and F Roman Wick to Binghamton (AHL).

AHL

BINGHAMTON SENATORS — Returned G Alex Petizian to Elmira (ECHL).
HAMILTON BULLDOGS — Recalled G Peter Delmas from Wheeling (ECHL).
MANITOBA MOOSE — Recalled G David Shantz from Victoria (ECHL). Released G Mike Mole.

SOCCER

ENGLAND

CARLING CUP FINAL

Yesterday's result
Arsenal 1 Birmingham 2

PREMIER LEAGUE

Yesterday's results
West Ham 3 Liverpool 1
Manchester City 1 Fulham 1

SPAIN

LA LIGA

Yesterday's results
Athletic Bilbao 1 Valencia 2
Hercules 0 Getafe 0
Levante 2 Osasuna 1
Racing Santander 2 Villarreal 2

ITALY

SERIE A

Yesterday's results
Bari 1 Fiorentina 1
Brescia 2 Lecce 2
Cagliari 1 Lazio 0
Catania 2 Genoa 1
Cesena 1 Chievo Verona 0
Palermo 0 Udinese 7
Roma 2 Parma 2
Sampdoria 0 Inter Milan 2

GERMANY

BUNDESLIGA

Yesterday's results
Eintracht Frankfurt 0 Stuttgart 2
Werder Bremen 2 Bayer Leverkusen 2

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	Pt
Australia	2	2	0	0	4
Pakistan	2	2	0	0	4
New Zealand	2	1	0	1	2
Sri Lanka	2	1	0	1	2
Canada	**1**	**0**	**0**	**1**	**0**
Zimbabwe	1	0	0	1	0
Kenya	2	0	0	2	0

GROUP B

	MP	W	T	L	Pt
England	2	1	1	0	3
India	2	1	1	0	3
South Africa	1	1	0	0	2
Bangladesh	2	1	0	1	2
Ireland	1	0	0	1	0
Netherlands	1	0	0	1	0
West Indies	1	0	0	1	0

Yesterday's result
At Bangalore, India
India (338, all out) tied with England (338-8)
Saturday's result
At Colombo, Sri Lanka
Pakistan (277-7) def. Sri Lanka (266-9), by 11 runs.
Today's matches
At New Delhi
West Indies vs. Netherlands
At Nagpur, India
Zimbabwe vs. **Canada**

CURLING

SCOTTIES TOURNAMENT OF HEARTS

At Charlottetown
PLAYOFFS
Yesterday's results
Bronze Medal
Nova Scotia (Smith-Dacey) 9 Ontario (Homan) 7
Championship
Saskatchewan (Holland) 8 Canada (J.Jones) 7
Saturday's results
Page Playoffs
Three-Four
Ontario (Homan) 13 Nova Scotia (Smith-Dacey) 5
Semifinal
Saskatchewan (Holland) 7 Ontario (Homan) 5

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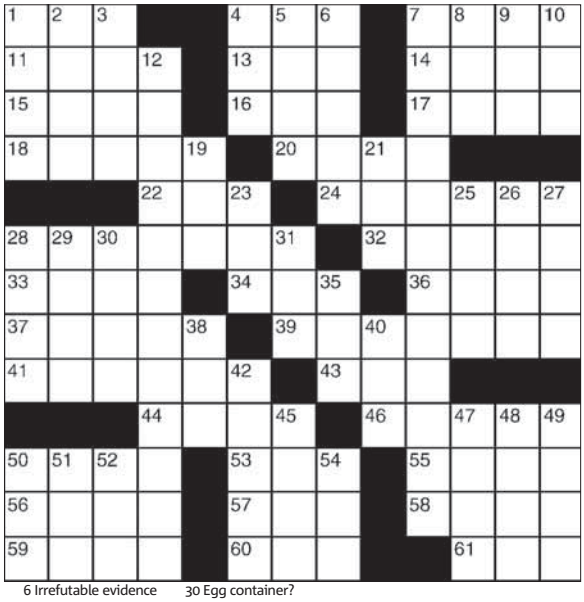
Crossword



Across

1 Diner sandwich, for short
4 Matterhorn, for one
7 Too
11 Atmosphere
13 That woman
14 Lowly worker
15 Applaud
16 Past
17 End of a magnet
18 Pair on a Bactrian's back
20 Rise high
22 Fall behind
24 Broccoli cluster
28 Custodian
32 Over
33 Oil cartel
34 Director Luhrmann
36 State with certainty
37 Op-ed piece
39 Occidental
41 Missive
43 "How — love thee?"
44 Wife of Osiris
46 Tyrolean melody
50 Office reminder
53 Toothpaste type
55 — contendere
56 Persia, now
57 Have bills
58 Slugger Sammy
59 — and crafts
60 Genetic matter (Abbr.)
61 Fellows

Down

1 Composer J.S.
2 Humdinger
3 Streetcar
4 "Eureka!"
5 Lower limbs
6 Irrefutable evidence
7 Acts of praise
8 Virgo neighbor
9 Scale note
10 Inseparable
12 Computer programs
19 Perched
21 — carte
23 Sailor
25 Wander
26 Always
27 Gull's cousin
28 "Piano Man" singer Billy
29 Church section
30 Egg container?
31 Uncooked
35 Last letter in London
38 Affirmative
40 Sauce source
42 Severity
45 Stitched
47 Ill fate
48 Otherwise
49 Give temporarily
50 Actress Farrow
51 Blunder
52 Wrestling surface
54 Meadow

▶ Yesterday's answer

G	A	M	U	T		R	D	A		A	S	S
A	G	A	T	E		O	U	T		R	H	O
B	O	R	A	X		P	L	A	T	E	A	U
		C	H	A	P	E	L		H	A	R	P
A	L	E		S	R	I		S	I	L	K	Y
P	E	A	S		I	N	T	E	R			
R	O	U	T	E	S		H	E	S	T	O	N
			R	A	M	B	O		T	H	E	E
S	U	P	E	R		E	N	D		O	R	T
I	S	L	E		J	A	G	U	A	R		
C	H	A	P	E	A	U		C	L	E	A	N
K	E	N		L	I	T		A	B	A	S	E
O	R	E		F	L	Y		T	A	U	P	E

Sudoku

7	8						5	3
		6	7		5	2		
9								4
		8	6		2	4		
5								6
		3	4		7	1		
4								8
		1	9		6	3		
2	3						6	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	1	4	7	8	3	2	5
7	8	4	5	2	3	1	9	6
5	3	2	1	9	6	8	7	4
8	5	6	2	1	7	9	4	3
9	4	7	3	8	5	6	1	2
1	2	3	6	4	9	5	8	7
3	7	9	8	6	2	4	5	1
4	6	8	7	5	1	2	3	9
2	1	5	9	3	4	7	6	8

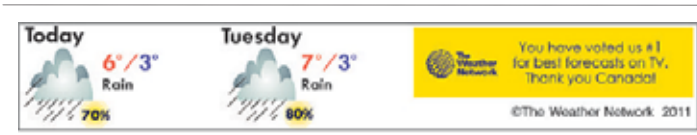
Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hi handsome, Mika wanted to thank you for putting food in her dish and petting her belly. Annabelle, well... she was preoccupied with cleaning her little white paws but I'm sure she thanks you too ;) You make us smile :) **J'TAIME, TANYA XOX**

To Julianne from Jesse
You make me feel like I'm the luckiest man in the world. You are literally the most beautiful thing I've ever laid eyes on and I love you more than you know.

It is you who make my life complete, it is you who make me feel special. Without you, my life would have been in shambles, thank you for being "the best" part of my life. Since the day I have met you, I found my whole world in you. Happy 8 Months Wedding Anniversary!! Love you to bits <3 Your ever-loving wife, **ANUM**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your confidence may be at a low ebb as the new week begins but it's only a passing phase, so don't feel too bad

♉ Taurus April 21-May 21 You don't have to go along with what other people suggest. You have a mind of your own and you would be wise to use it today.

♊ Gemini May 22-June 21 You may be tempted to hit the town and have a good time but there are more important things you should be doing. The Sun in Pisces can make or break your reputation, so do you party hard or do you work hard?

♋ Cancer June 22-July 22 Someone will make you the kind of offer you find hard to refuse but if you are smart you will say "no". If it sounds too good to be true it's most likely a trick to part you from something you value.

♌ Leo July 23-Aug.23 Do not get involved in a quarrel that has nothing to do with you. Not only will you be unable to resolve it but the warring parties may unite and start picking on you.

♍ Virgo Aug. 24- Sept. 22 It's not like you to seek approval – usually you couldn't care less what other people think – but for some strange reason you crave the support of partners and colleagues. Just be careful you don't pay too much for it.

♎ Libra Sept. 23-Oct. 23 You are beginning to realize that you have bitten off more than you can chew. How you got into this situation is not important – what matters is how you are going to get out of it.

♏ Scorpio Oct. 24-Nov. 22 Your confidence may be high at the moment but that won't protect you from people who are hoping to get rich at your expense.

♐ Sagittarius Nov. 23-Dec. 21 The Sun in the sensitive sign of Pisces is making it hard for you to hide your anxieties, but why would you want to? You don't have to face each and every situation alone.

♑ Capricorn Dec. 22-Jan. 20 Don't be taken in by a sob story or tale of woe. You should know by now that nine times out of ten they turn out to be false.

♒ Aquarius Jan. 21-Feb. 18 There is so much going on in the world but you must not let it distract you from your number one aim: making money.

♓ Pisces Feb. 19-March 20 You are right to be angry with someone who has let you down but don't let it eat at you emotionally. The Sun in your sign makes all things possible, so forget what they've done and focus on what you're going to do next.

SALLY BROMPTON

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Caption contest

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You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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LeafSource stops woman's pain within days!

"It works! I'll take another two bottles please!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. *"I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again"* said Ian.

Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. *"She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there."* Ian goes on, *"This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."*

By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis.

This is due to the natural (or unnatural)

wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief!? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifi cally validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turnhelps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function.

To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, *"I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."*

www.leafsource.com

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Unstamped Solid Silver	$0.34/gram
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